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Winnipeg metro

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Rapid transit expropriation fight gears up

INQUIRY

**11 property
owners
have filed
objections**



**Dave
Baxter**
Metro | Winnipeg

The current chosen route for the next phase of rapid transit makes more sense than running it next to a major Winnipeg artery, an inquiry heard Tuesday.

There are a number of reasons the approved Parker lands “dogleg” route is a better option than running a route parallel to Pembina Highway, according to Bjorn Radstrom, Winnipeg Transit manager of service development.

Radstrom said the dogleg route is cheaper to build, requires fewer property expropriations, and can service more neighbourhoods.

Buses on the Parker lands route will be able to travel faster than if the route ran straight down Pembina, added Radstrom, so the travel times for both those route would be about the same, even though the Parker lands route is about 800 metres longer.

The city’s current plan would see 33 properties expropriated, and two rental properties and

one single-family home would be demolished.

Eleven property owners have filed objections to the expropriations, and a public inquiry on the planned route that would run from the Jubilee underpass to Investors Group Field started in Winnipeg on Tuesday.

Former mayoral candidate and city hall critic David Sanders said he didn’t buy Radstrom’s explanations.

“The studies do not justify that route by any means,” said Sanders. “They have been distorted and twisted in order to persuade council to adopt the Parker route for reasons that make no sense in relation to public transit requirements of the city.”

Sanders claims studies show the Parker lands route will not be cheaper to build, and he doesn’t understand how a longer route would have the same travel time as a shorter route.

Lawyer George Ulyatt is conducting the inquiry with the goal of determining if the 33 expropriations are fair and necessary.

Ulyatt will file a report on his findings, but the city is not required to follow the recommendations. However, should they choose to ignore the findings, they will have to explain their reasons in writing.

The inquiry continues Thursday and is expected to last six days.



ELISHA DACEY/METRO

BIKEFUL OF BOOKS

Natural Cycle Courier is cycling up a storm

metroNEWS

AGRICULTURE

Ottawa closes sale of Wheat Board

The federal government has closed the book on the agency that once marketed almost all the grain produced by western Canadian farmers.

Agriculture Minister Gerry Ritz says Ottawa has finalized the sale of the Canadian Wheat Board to G3 Global Grain Group.

The federal government announced in April that G3, which is partly owned by Saudi Arabia, would buy 50.1 per cent of the board for \$250 million. It said the rest would be kept in trust for grain farmers, but in seven years G3 has the option to buy back the units at market value.

G3 CEO Karl Gerrand said the wheat board will be combined with Bunge Canada to form a new Winnipeg-based company called G3 Canada Ltd.

"We have a new entity created from this combination, and so G3 going forward will be our brand," he said in an interview.

Despite several lawsuits and vocal opposition from some farmers, the federal government went ahead three years ago with a long-standing promise to abolish the monopoly.

A group called Friends of the Canadian Wheat Board hasn't given up the fight. Lawyer Anders Bruun said the group is to be in Federal Court in Ottawa this fall in a bid to have a class-action lawsuit against the federal government certified. The group contends that Ottawa mismanaged about \$720 million that should have been paid to grain farmers from the 2011-2012 crop year.

THE CANADIAN PRESS

The 4 Stones of the Dartpocalypse

PARTIES

Family Nerf war turns into party business

A family fight in a hotel room a couple of years ago triggered the idea for Scott and KerriAnn Stone's new business, called Dartpocalypse.

The fight was friendly, with mom, dad and some other family members enjoying a Nerf war with the kids in their room during a New Year's Eve stay.

Scott Stone said it was so much fun, they decided to turn it into a mobile business.

"During that fight we thought, 'Boy, that was really fun.' Everyone was getting involved," Stone said.

"I'm like, 'Why is there nothing like this in Winnipeg?'"

After about a year of solid research, the Stones launched Dartpocalypse last month. They've hosted about seven parties already and just booked one for more than 50 people.

Stone said they originally considered having a building they could host parties in but opted for a mobile party that they can bring to you.

Stone said they bring all the equipment, including blasters, darts, safety glasses, bunkers and safe areas, as well as referees.

The Dartpocalypse crew even has about eight different games



Scott Stone, flanked by his children Elliot and Allegra, who are all part of the Dartpocalypse team. COURTESY DARTPOCALYPSE



If they're quite young participants, then we try and keep the games fairly simple. If they're older, we'll make them more complicated.

Scott Stone

to play.

"It depends on the age. If they're quite young participants, then we try and keep the games

fairly simple. If they're older, we'll make them more complicated," Stone said.

But don't think for a second

the dart apocalypse fun is just for kids; Stone said adults are often reluctant to get involved, but when they do, they mean business.

"They're even crazier than some of the kids, sometimes," he said, laughing.

People can check Dartpocalypse out on Facebook and at dartpocalypse.com.

DONNA MAXWELL/FOR METRO

IN BRIEF

Woman sexually assaulted in Fort Richmond park

Winnipeg police are searching for a man after a woman was sexually assaulted in a park last week. Police got a report on Saturday of a sexual assault in the area of Killarney Avenue and Dalhousie Drive.

Police are now searching for the man, who is described as an adult male, East Indian in appearance and in his mid-20s.

The man had a chubby build and light moustache and was wearing baggy jeans and a long-sleeve black shirt. METRO

Southbound Route 90 ramp off Portage closed

Motorists travelling westbound on Portage Avenue who want to take the southbound ramp onto Route 90 can soon expect delays in reaching their destination.

The ramp will be closed to all vehicle traffic starting Aug. 5 at 6 p.m. until Aug. 11 so the city can do maintenance work. Pedestrians will still be allowed to access the ramp.

Detour signs will be posted to direct traffic to northbound St. James Street and westbound Ness Avenue to access Route 90. METRO

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HELPING HANDS GRAFFITI GONE FROM ABERDEEN CENTRE Eleven-year-old twin sisters Amelia, left, and Abby Campbell, members of the Aberdeen Community Centre's Boys and Girls Club, put pretty pink handprints on the newly painted Stella Avenue centre. Thirteen members of Take Pride Winnipeg's Green Wave came out and got rid of the graffiti previously covering the centre by giving the building a fresh coat on Tuesday. DONNA MAXWELL/FOR METRO

Police ID second pedestrian hit, killed last week

ROAD SAFETY

Woman's family notified, but her name has not been released



Elisha Dacey
Metro | Winnipeg

Winnipeg police say they have identified a woman who died Thursday, the second pedestrian-versus-vehicle death that day.

The woman died after being struck by a vehicle Thursday at about 6:25 p.m. at the intersection of William Avenue and Arlington Street.

Police said she was walking east across Arlington Street at a crosswalk when she was hit.

The woman was sent to hospital in critical condition but

later died of her injuries.

Police did not release the name of the woman who died but said she appeared to be of Asian descent and in her 60s. She had no identification on her at the time of the collision. The woman's family has now been notified, police added.

No charges have been laid.

Earlier in the day, Oanh Pham, 33, was crossing at the corner of King Street and Logan Avenue around 8:30 a.m. when she was struck and killed by a dump truck turning north onto King Street.

Pham's death has sparked an outpouring of financial sup-

port for her family, as she left behind a little girl who will now be raised by Pham's sister and mother.

With two fatal pedestrian incidents in one day in Winnipeg, police are urging drivers to watch out for people walking in the city.

"Pedestrians account for about 12 per cent of all roadway fatalities in Manitoba," said Winnipeg police spokesman Rob Carver.

"Obviously there is a message here that drivers need to be very mindful of what is going on around them."

WITH FILES FROM DAVE BAXTER



Obviously there is a message here that drivers need to be very mindful of what is going on around them.

Police spokesman Rob Carver

Special times for a special tour.

Take the Mikinak-Keya Spirit Tour at the Canadian Museum for Human Rights. Learn about the important connections between Indigenous teachings and the Museum's architecture. This unique experience takes place at special, serene times – before and after regular Museum hours. From August 2 – 15, the tour is offered at 9 am daily and also on Wednesday evenings.

For pricing and details including French and English tour availability, visit humanrights.ca/visit/tours

Tickets must be purchased at least one day in advance. Buy yours at the Museum, call 204 289 2227 or email visitorservices@humanrights.ca

English tour: August 2 – 15 (9:00 am – 10:30 am) French tour: August 7 & 14 (9:00 am – 10:30 am)
Cost: \$15 plus applicable general admission charges.

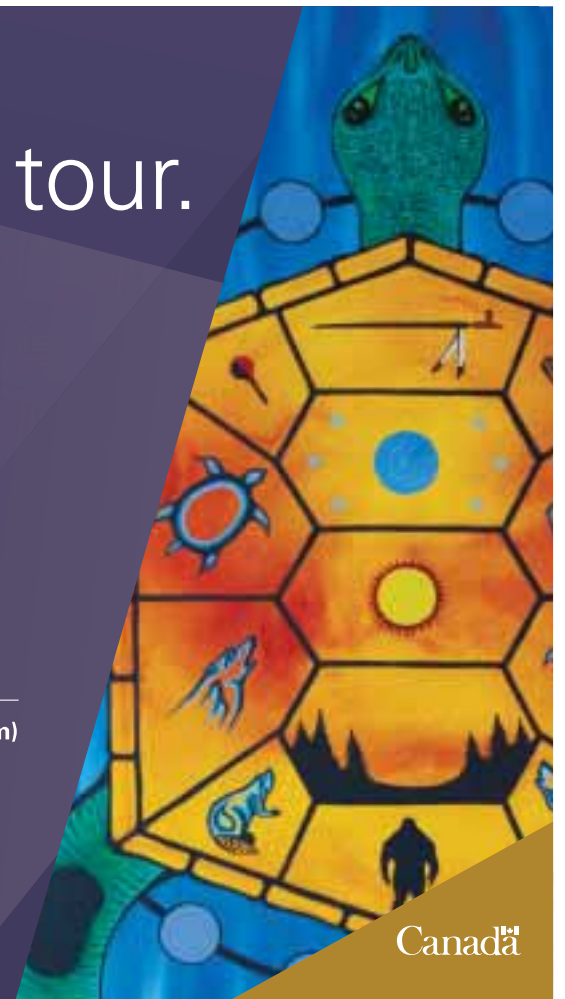


CANADIAN MUSEUM FOR
HUMAN RIGHTS



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Canada



Ridin' a bike path to your door

ENVIRONMENT

Love of cycling drives desire for eco-friendly delivery service

Donna Maxwell
For Metro | Winnipeg

If your day job required you to pedal 60 or more kilometres a day, in all kinds of weather, you'd think your time off would be spent horizontally, somewhere in the shade.

Tell that to the folks at Natural Cycle Courier.

Some of them rode their bikes



We don't have any emissions, we're sustainable, environmentally friendly, (and) we go all over the city.

Eva Klassen, co-owner of Natural Cycle

to Bird's Hill earlier this week, swam all day, and rode back home.

"And that was the day off," laughed Eva Klassen, 30, co-owner and business manager at Natural Cycle, a working co-operative that's been pedalling deliveries of all kinds to Winnipeggers since 1999.

"I think it's just that people love riding their bikes and you know you're not stuck behind an office desk all day, you're out and about."

Natural Cycle Couriers was born 16 years ago when David Geisel and some friends decided that in addition to the bike repair work they were doing, they could probably do deliveries by bike during slow times.

The repair shop — Natural Cycleworks — is now in the basement and Natural Cycle Courier is on the second floor of their 91 Albert St. location.

They started small, Klassen said, and have grown to a client list in the hundreds. Some use them every day, some once a month, some every six months.

They deliver regular things like envelopes, but the emergence of email and fax means that sector of their business isn't



Natural Cycle Courier's Amber Berg, left, and Eva Klassen will deliver almost anything to anywhere in Winnipeg on their bikes. DONNA MAXWELL/FOR METRO

really in a growth phase. They also deliver things like coffee and soup.

"We've kind of broadened our view, so we deliver Green Been Coffee, the fresh roasted coffee beans. We deliver soup for Soup Bee; they're a non-profit, so if a

rider's busy doing that, they'll deliver 40 soups in a morning to different stops," Klassen said.

Natural Cycle's latest client is McNally Robinson Booksellers, who just last week started offering their books by delivery via the courier service.

General manager David Lawrence said Natural Cycle was a natural fit.

"Like a lot of businesses, we're always looking for ways to green the store, so to speak, and this seemed like a really good opportunity to take a step in that

direction," Lawrence said.

Klassen said plenty of their clients, and their riders, like the fact that Natural Cycle is environmentally friendly.

"It's not the easiest job ever, especially being out on the road in the winter time in minus-40 weather ... but, I dunno, we still keep getting people who want to ride with us and people who want to use (us). I think ... part of the reason is we don't have any emissions, we're sustainable, environmentally friendly, (and) we go all over the city," she said.

They do get strange requests, like the woman who asked them to go to her home and knock on the door until her roommate answered. She was trying to reach her and couldn't, and she was worried she had slept in and was going to miss a job interview.

"We did, and this woman answers the door and we're like 'hey, we're just supposed to wake you up,'" she laughed.

"But that was the call."

They've also delivered blood and urine and a big block of cheese.

"We're very open-minded. And we'll try to do anything basically."

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Prime Minister Stephen Harper picks up chicken wings while grocery shopping with his son, Ben, on Tuesday in Toronto.

PAUL CHIASSON/THE CANADIAN PRESS

PM dangles tax credit

FEDERAL ELECTION

Tories promise home reno tax break when economy allows

Stephen Harper has delivered the first big-budget promise of the Conservative election campaign: a permanent home-renovation tax credit that will cost taxpayers \$1.5 billion a year once implemented.

However, Harper says the credit — a more modest version of a temporary credit the government first introduced in 2009 — won't be introduced until economic circumstances permit, perhaps the middle of a Tory mandate. While the original credit applied to renovation costs of up to \$10,000, the ceiling for the permanent credit has been lowered to \$5,000.

Speaking at a campaign event in Toronto, Harper said the credit, which would apply to renovation work done on houses, cottages and condominiums owned for personal use, would also help to create jobs in the construction sector and pump billions of dollars back into the Canadian economy.

Some three million Canadians have taken advantage of the opportunity to make renovations in the last six years.

"Young parents renovated

rooms as nurseries, empty-nesters converted rooms for other uses, older Canadians made changes to remain independent in their own homes," Harper said.

"The renovation tax credit helps every homeowner, regardless of income. I know Justin Trudeau doesn't think every family deserves help, but we do."

Interestingly, Harper's propensity for referring to Trudeau by his first name only seemed to be a dominant theme on the campaign trail Tuesday.

Asked about it, the prime minister said it's something he does occasionally, but only because that's the way the Liberals have chosen to brand their own leader.

Trudeau himself, who unveiled the Liberal campaign bus at an early rally in Mississauga, Ont., shrugged it off as a distraction from

the fact that the Conservatives have allowed the economy to slide into a recession.

"His distraction is working because I just got two questions on that rather than on how to build a stronger economy for the future of this country," Trudeau said.

"The fact is, I am staying focused on Canadians and what they need."

The NDP's Tom Mulcair was scheduled to attend an event later Tuesday in Montreal.

THE CANADIAN PRESS

ABBOTSFORD, B.C.

City, not homeless, is to blame: Lawyer

The City of Abbotsford is wrong to criminalize the homeless with bylaws that prohibit people from setting up camps in public spaces, a lawyer has argued.

David Wotherspoon, with the Pivot Legal Society, said the city has discriminated against the homeless through various measures including dumping chicken manure on an encampment.

He wants a B.C. Supreme Court judge to declare such

tactics unconstitutional.

The city is blaming the homeless for leaving human waste at camps but isn't providing needed services, Wotherspoon told Chief Justice Christopher Hinkson on Tuesday.

"People make garbage, people have to urinate, people have to defecate. They have to do it somewhere," he said.

"Blaming Abbotsford's homeless for the existence of those circumstances is, effect-

“People have to urinate, people have to defecate.”

David Wotherspoon,
Lawyer

ively, blaming the victim," said Wotherspoon, who represents the War Drug Survivors.

"Suggesting that Abbots-

ford's homeless should be responsible for the choice of being homeless is wrong.

"There are real choices being made, but those are choices that relate to the city — the choice not to provide a variety of services."

Wotherspoon has told the trial that police have pepper sprayed the homeless and city workers dumped chicken manure on a campsite two years ago. THE CANADIAN PRESS

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Probation for phoney soldier

FRANCK GERVAIS

'Fake sergeant' given 50 hours of community service



Lucy Scholey
Metro | Ottawa

A man who pleaded guilty to wearing a fake soldier's uniform on Remembrance Day must do 50 hours of community service for impersonating a member of the Canadian Armed Forces.

Franck Gervais, 33, made an emotional apology during his sentencing hearing in an Ottawa courtroom on Tuesday.

"I understand and realize that my actions were wrong, misguided and inappropriate," said the clean-shaven Gervais, stopping occasionally to rub his forehead and eyes. In wearing the uniform, he intended to honour — not insult — the veterans, he said. Gervais was also sentenced to 12 months of probation.

Gerry Wharton, a retired major who served 32 years in the Canadian Armed Forces, said



Franck Gervais, right, delivered an emotional apology on Tuesday during a sentencing hearing in Ottawa, where he pleaded guilty to impersonating a soldier during a televised Remembrance Day interview on Nov. 11, 2014. CBC

he was initially angry when he heard about the man who wore a fake RCR uniform and medals, including the highly esteemed bravery medal.

But last Saturday, Wharton, who also serves as the honorary dominion president for the Army, Navy and Air Force Vet-

"I understand and realize that my actions were wrong."

Franck Gervais

erans in Canada, led Gervais on a tour of the Beechwood Cemetery. There, they stopped and laid poppies on the tombstones of Canadian soldiers.

The well-decorated veteran told the courtroom he believes Gervais was genuinely remorseful in his apology.

"Right from the very beginning, within five minutes, I was very impressed with Mr. Gervais's remorse and appreciation for what we were doing," he later told reporters. The anger quickly turned to forgiveness.

"Actually, to walk with him amongst the headstones, it was an emotional experience for me."

On Nov. 11, 2014 — less than three weeks after the shooting death of Cpl. Nathan Cirillo at the National War Memorial shocked the country — Gervais appeared on CBC TV, wearing a beard and a phoney soldier's uniform.

The televised Remembrance Day interview drew angry and shocked comments from soldiers and war veterans across the country.

Gervais pleaded guilty to impersonating a soldier and enrolled in the Collaborative Justice Program, which allows victims and the accused to heal together.

Defence lawyer Claude Lévesque said the program allowed Gervais "to understand the consequences of his action and also to enable the military forces and the veterans to have an insight as to why he did what he did."

IN BRIEF

Bureaucrat on unpaid leave kept getting salary

An awkward situation arose at the Public Works Department in May, according to a memo obtained by Metro under the Access to Information Act.

An employee in the department took five weeks of unpaid medical leave, but "due to an administrative error" the money kept flowing.

After five weeks the employee had accidentally been paid \$3,926.46.

What's easily given is less easily taken away, as the department found out when they asked for the money back.

The employee requested an exception, proposing a payment plan that would recoup \$75 off every pay check for two years.

Deputy minister of Public Works George Da Pont signed off on the arrangement — but only after the employee divulged financial records to prove that a higher "repayment rate will impose significant financial hardship." METRO

NORTH POLE

Russia submits Arctic claim, sheds political heat on Canada

Russia's new bid for a vast swath of Arctic territory, including the North Pole, backs Canada into an uncomfortable corner in future negotiations over the frozen region, a defence expert says.

Moscow's revised international submission was revealed Tuesday in a statement by the country's foreign ministry and claims 1.2 million square kilometres of the Arctic shelf.

Russia, the U.S., Canada, Denmark and Norway are working with the UN to define jurisdictional boundaries in the Arctic, which is thought to hold as much as a quarter of the planet's undiscovered oil and gas. The United Nations Convention on the Law of the Sea allows all coastal nations to extend their jurisdiction beyond 200 nautical miles as long as it can proven the boundary is a natural extension.

In late 2013, the Harper government ordered officials to rewrite Canada's Arctic claim to include the North Pole and more survey work is taking place this summer before Ottawa submits the document.

Rob Huebert of the University of Calgary says Prime Minister Stephen Harper should make

clear whether Canada is eventually willing to negotiate with Russia where claims intersect.

A translated version of the submission, released by the Russian Embassy in Ottawa, says the two countries had previously agreed to allow the UN commission overseeing the issue to evaluate and rule on the quality of the hydrographic research "without prejudice to the rights of the other state."

"It is Canada's interest to have a safe and stable Arctic."

Rob Huebert

The commission's determination should also not impede a final boundary decision, the 36-page report said.

That means the two sides and possibly Denmark which has already filed its claim to the North Pole, will have to thrash out the issue.

In its pitch, Russia states clearly its willingness to abide by the results of the international process.

Huebert says the Harper gov-

ernment has taken a tough line on Russia's annexation of Crimea and the questions that need to be asked are when does Canada re-engage diplomatically and whether that would signal de facto acceptance of the situation in Ukraine.

"It is Canada's interest to have a safe and stable Arctic," Huebert said in an interview on Tuesday. "Entering into negotiations could leave the impression that it is back to business as usual."

Canada's strident rhetoric and recent use of the Arctic Council as a platform to hammer Russia over the Ukraine crisis will make it difficult to climb down, Huebert suggested.

But he said negotiations, which are expected within the next five years, will have to take place, regardless of the situation in Ukraine.

The submission will also likely drive a further wedge between Ottawa and Washington, which according to published reports chastised Canada for making Ukraine an issue at the council meeting last spring.

The more Moscow looks reasonable on this issue and others, the more isolated the Harper government will become, Huebert said. THE CANADIAN PRESS

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Investigators inspect the site of a circus tent that collapsed Monday during a show by the Walker Brothers International Circus at the Lancaster Fair grounds in Lancaster, N.H., Tuesday. JIM COLE/THE ASSOCIATED PRESS

Two die in tent collapse

CIRCUS

Unclear why show went on during weather warning

Fire officials said Tuesday it's not clear why a circus operator in eastern United States proceeded with a show minutes after the National Weather Service put out a severe storm warning.

Strong winds collapsed the circus tent, killing two spectators and sending about 32 others to hospitals.

New Hampshire's fire marshal Bill Degnan said it's the responsibility of the circus operator to monitor the weather.

The show started seven minutes after the storm warning Monday afternoon some 90 miles (145 kilometres) north of the state capital Concord.

The storm blew through

with about 100 people inside the tent.

"I see these very large metal poles that are in the ground and go through the top of the tent; I see them starting to come out of the ground and fly up, into the air toward us," witness Heidi Medeiros, attending with her three-year-old son, told a local TV station. She said 10 to 30 seconds later, the pole slammed onto the bleacher where she and her son had been sitting.

The circus operator, Florida-based Walker International Events, did not provide immediate comment.

Walker's president, John Caudill Jr., has a history of transgressions, primarily while operating another company, Walker Brothers Circus, Inc.

A decade ago, Caudill and his associates agreed to pay a \$25,000 fine for a series of violations while operating without an Animal Welfare Act license. THE ASSOCIATED PRESS

SANDRA BLAND

Family sues police

The family of a black woman found dead in a Texas jail three days after a confrontation with a white state police officer filed a wrongful-death lawsuit Tuesday against the officer and other officials, saying it was a last resort after being unable to get enough information about the case.

Sandra Bland, a Chicago-area woman, died by what authorities say was suicide in her Waller County jail cell on July 13. Her family and others previously questioned that,

and criticized the trooper who stopped her for failing to signal a lane change.

The lawsuit contends En-cinia falsified the assault allegation to take Bland into custody, that Waller County jail personnel failed to keep her safe and free from psychological injury or harm, and that she was placed in a cell "with a variety of inappropriate items for a jail cell, including a large garbage can, garbage bags, exposed beams, cords, and other items." THE ASSOCIATED PRESS

RELIGION

Mormons publish pic of sacred stone

The Mormon church for the first time is publishing photos of a small sacred stone it believes founder Joseph Smith used to help translate the story that became the basis of the religion.

The pictures of the smooth, brown, egg-sized rock are part of a new book that also contains photos of the first printer's manuscript of the Book of Mormon. Officials with The Church of Jesus Christ

of Latter-day Saints unveiled it Tuesday at a news conference in Salt Lake City.

It's the religion's latest step in a push to be more transparent about its history and tenets. The church's effort in recent years to be more open about its past was triggered by the religion's increasing prominence as its membership tripled over the past three decades to 15 million worldwide today. Questions emerged

about the burgeoning faith, with some criticizing it for being secretive about its beliefs and practices.

Mormons believe that 185 years ago, Smith found gold plates engraved with writing in ancient Egyptian in upstate New York. They say that God helped him translate the text using the stone and other tools, which became known as the Book of Mormon.

THE ASSOCIATED PRESS



RICK BOWMER/THE ASSOCIATED PRESS

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EUROPEAN UNION

Greek banking shares dive even further

Greece's government conceded Tuesday that dissent within the ruling party was likely to force an early election, while bank shares plummeted again on the stock market, which reopened this week after a long closure.

The government is relying on opposition party support for approval in parliament of new austerity measures demanded by bailout lenders, following a revolt by nearly one fourth of its own lawmakers.

66

Frankly, I am not concerned.

Italian Finance Minister
Pier Carlo Padoan

Government spokeswoman Olga Gerovasili said the government would not form a national unity government and described early elections as "likely."

Amid the uncertainty, the main stock index lost another 1.2 per cent Tuesday, the second day the market has been open following a five-week shutdown. Most shares traded higher but banks tumbled, once again hitting the 30 per cent lower trading limit. The overall index on Monday plummeted 16.2 per cent, its worst drop in decades.

European markets were unaffected by the Greek market

nosedive, however, which Italian Finance Minister Pier Carlo Padoan described as "normal market behaviour in exceptional circumstances."

"Frankly, I am not concerned. Looking at the figures, I thought this was more or less what one should expect after weeks of stocks being closed in a country which is indeed in deep recession," he told reporters in Rome.

THE ASSOCIATED PRESS



Canadian retailers may find themselves in a busy back-to-school season as a result of a weakening loonie.

THE ASSOCIATED PRESS FILE

Loonie aids retailers

BACK-TO-SCHOOL SHOPPING

Canadians likely to spend more at home: Ernst & Young

The falling loonie is expected to help boost the bottom lines of Canadian retailers heading into the back-to-school season.

There will be an expected four per cent increase in back-to-school spending in Canada this year, according to global professional services firm Ernst & Young.

The lower Canadian dollar likely means consumers will be making their purchases closer to home, said Daniel Baer, Ernst & Young's Canadian retail and consumer products sector leader.

"We do expect fewer dollars to be spent cross-border. And when we say that, (we are re-

ferring to) people who physically go cross-border, but also people who shop on U.S. sites," he said in a phone interview from Montreal.

Recent universal child-care benefit payments from the federal government will also likely translate into additional disposable income for consumers to devote to back-to-school spending, said Baer.

On the flip side, inflation, higher housing costs and economic uncertainty may curb the appetite among consumers to spend.

British Columbia and Ontario will lead sales, while the Maritimes and Quebec will continue to lag behind the national average, with little growth expected.

Meanwhile, Alberta and Saskatchewan, which are typically leaders in the category, are expected to post back-to-school sales in the red.

THE CANADIAN PRESS

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IN BRIEF

Air Canada, other airlines ban hunting trophies

Air Canada says it will no longer carry hunting trophies from lions, leopards, elephants, rhinoceros and water buffalo after the killing of Cecil the lion. It joins other airlines that have banned big-game trophies in the past two weeks. THE CANADIAN PRESS

market minute

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	TSX 14,491.05 (+22.61)
	OIL \$45.74 US (+57¢)
	GOLD \$1,090.70 US (+\$1.30)
NATURAL GAS: \$2.812 US (+6.4¢)	
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metro's election explainer

Why do American campaigns start so early and cost so much?

While Canadians are busy debating the merits of an extra-long federal-election campaign, Republican candidates for U.S. president are literally debating.

On Thursday, 15 months before election night, a field of 10 presidential hopefuls will take the stage in Cleveland. Many Canadians wary of longer federal campaigns have cited the spectre of the U.S.'s interminable and money-flooded electoral process. In that light it's worth taking a closer look.

1. WHY SO LONG?

Unlike Canada, where the prime minister is the leader of the party that wins the

most seats in the House of Commons, the U.S. elects its president separately from its legislators, in a vote between the nominees of the Republicans and the Democrats.

The nominees are chosen via a months-long series of state-by-state votes, called primaries, which begin in Iowa in February of the election year and run until party conventions in mid-summer.

Winning the early primaries, and thereby gaining valuable momentum that will attract the affections of

deep-pocketed donors, is extremely important to the fortunes of a presidential campaign. So candidates have an incentive to promote themselves and

their platforms as early as possible, and television networks therefore have an incentive to carry election coverage, including debates, well in

advance of any actual voting. Hence Thursday's debate, which is being presented by Fox News and comes forth months before the first vote of primary season.



2. WHY SO EXPENSIVE?

Among other factors (e.g., an uncommonly large and spread-out electorate, a legal tradition that equates political advertising with free speech) is the fact that elections have, since 1792, been fixed to the Tuesday that falls between the 2nd and 8th of every fourth November.

Because everyone knows when the big vote will take place, campaigns and stakeholders can plan their paid publicity well in advance and raise funds accordingly.

This is what worries many Canadians, now that we have a fixed-election-date law of our own.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

Sweet peas: 150-year-old study offers rich reward

THE SCIENCE

Stephanie Orford



This year marks the 150th anniversary of Moravian monk Gregor Mendel's first presentation of his seminal paper on pea-plant genetics, and the effects have been mind-boggling.

Genetics has spurred discoveries across almost every scientific discipline, all cascading from Mendel's discovery of the gene, the basic unit of inheritance.

Cutting-edge genetics research is happening in Canada. Last year, researchers at the Michael Smith Genome Sciences Centre treated a Vancouver woman's late-stage colon cancer through a pilot project to tailor cancer treatments to individual patients.

The woman had enrolled in an experimental program to treat cancer according to its

unique genome.

Genomics, the study of an organism's full set of genetic material, has been made more efficient through rapidly evolving technologies for DNA sequencing.

Twelve years ago it cost \$2.7 billion to sequence one human genome. Now it costs about \$1,000.

By decoding the genetic blueprint of the cancer patient's particular tumour, her doctors identified a protein that was crucial to its growth. They realized that this protein's actions could be stopped by a widely available blood-pressure pill.

The treatment the doctors identified put her cancer into complete remission in five weeks, and it wouldn't have been possible without genomics.

Nor would it be possible, as it now is, to prevent a child with the rare genetic condition called phenylketonuria from developing

It's a crucial tool that will help humanity take on the biggest challenges of the coming decades

brain damage, by giving her a diet without one particular amino acid.

The list of tangible, appreciable benefits goes on and on.

Consider:

- Diabetics now pay less for better maintenance of their condition thanks to higher-quality insulin produced with genetically engineered bacteria.
- The Canadian canola industry has reduced its carbon emissions by one million tonnes per year since the '90s when it started planting canola crops genetically modified to tolerate herbicides.
- At the end of July, the Strategic Salmon Health Initia-

tive — which does research assessing the health of the wild and farmed salmon we fish, sell and eat — began the implementation phase for a new technology that assesses the microbes on wild and farmed salmon. The research will ultimately help us breed farmed salmon more sustainably, with genes that make them more resistant to viruses and bacteria, and less likely to spread them to the wild population.

None of these phenomena would be possible without genetics, and the applications are endless.

Genetics research today isn't just about pea plants or the colour of your eyes. It's a crucial tool that will help humanity take on the biggest challenges of the coming decades.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

Media already bored by just-announced election campaign

At work yesterday morning, my colleagues were fretting.

Our 11-week election campaign (78 days, moaned the anal-retentive National Post) is being greeted with pre-emptive exhaustion, they said, and all the buzz of a slowly deflating balloon.

"The media already seemed bored with the whole thing," said J. "Two papers had the headlines 'And they're off.' It just sounded like jogging or something... but this is really monumental!"

"I'm more interested in Hillary Clinton than any of our people. Why is that? That's terrible!" he added.

L. blamed the media. "Hillary Clinton is more of a celebrity."

"I think people are just fascinated with American politics," A. mused.

"Well, they make a spectacle of it," I said.

"A long campaign means it's less democratic. It's more expensive to do it and thus accessible to fewer people," L. fumed. "That's a problem. That's a democratic problem." (Stephen Harper has a hefty war-chest advantage).

"I've been hearing about the Pan Am games since November, hot and heavy all the time, but an 11-week election that actually matters — and we're torn up!" A. exclaimed.

There are benefits, she said. Namely, gaffes. "In an 11-week campaign trail there are so

many extra days for people to show who they are, accidentally, for Justin Trudeau to drop that baby he's juggling."

"I think we as the media should be trying to add more high drama to our politics," suggested J.

"We don't really tell the human stories," I agreed, a recent profile of "Vegas girl" NDP MP Ruth Ellen Brasseau notwithstanding.

"I find your conversation funny, like, 'Oh, democracy — we need to focus less on policy, more on faces!' " L. snarked.

"No. Policy too," J. countered. "There's lot of big, long serious articles in the States."

"You can't have policy without the people who are advocating for it," I added.

U.S. politics has built-in drama, J. argued. "A whole bunch of people vying for the top spot on both sides, and finally just down to two, mano a mano."

"You can't do that in a parliamentary system, and parliamentary systems are actually really good because you can have minority governments," L. pointed out.

"So, OK, that piece we can't do anything about, but there's lots of other things we can do," J. said, hopefully.

The chatter came to an unresolved close. They had a paper to put out, filled with high-drama election coverage — for another 76 days.

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PHILOSOPHER CAT
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NB: NOBODY CHALLENGES ME. I CHALLENGE MYSELF.



A novel nod to comfort food

FOOD FICTION

Debut author pays tribute to homey meals of his childhood

Melissa Dunne
For Metro

You are what you eat. This old maxim has perhaps never been as true as it is today. Starting first thing in the morning, every food and drink choice you make has become shorthand for who you are at your very core. No pressure. But, are you the type of person who grabs a double-double from the Tim Hortons drive-thru or are you the type to ride your bicycle over to the local indie café for an almond-milk latte?

Whether you live in a smaller city like Winnipeg or Halifax or a big city like Vancouver or Toronto, many Canadians now endlessly obsess over making the right food and drink choices that will ultimately communicate to everyone who follows them on Instagram: I know what food is hip and cool and current, and therefore I am hip and cool and current.

Partly in reaction to the somewhat ridiculous hipsterification of North American food culture, J. Ryan Stradal chose to focus his debut novel, *Kitchens of the Great Midwest* (Penguin Random House, \$28, out now) on the decidedly unhip food from his childhood



Food made from scratch is at the heart of the novel *Kitchens of the Great Midwest*. CONTRIBUTED

growing up in a small town in southern Minnesota.

"I tried to capture the people I grew up with that I don't see represented very often," said Stradal, 39, by phone from his home in the hipster haven known as Silver Lake, Calif.

The people he grew up with, like his grandmother, could



Their interest in food rivalled that of the hipsters, but without the affectation

Ryan Stradal on the people of his Minnesota roots who inspired his novel

out-hipster any young hipster today, says Stradal. They cared about, and knew, where their food came from and, get this, they cooked much of it themselves from scratch.

"Their interest in food rivalled that of the hipsters, but without the affectation," Stradal notes.

His novel about a trendy and mysterious chef named Eva Thorvald is interspersed with recipes that highlight food made with real affection, not a practised affectation. It features what is now dubbed comfort food, such as five-ingredient peanut butter bars (see recipe at right), made by people who would simply call food "food."

That's not to say Stradal thinks making classic Midwestern recipes handed down from generation to generation is, in the parlance of our times, more 'authentic' than, say, ordering organic chicken at your local gastropub.

After all, he's a Midwestern transplant who both loves the food he grew up with, and is now personal friends with celebrity chefs and lives in what Forbes once dubbed 'America's Hippest Hipster Neighborhood.'

In his life and in his book, he makes the argument there is room at the table for everything.

RECIPE

Pat Prager's Peanut Butter Bars

Ingredients:

- 2 1/2 cups crushed graham cracker crumbs
- 1 cup melted Grade A butter
- 1 cup peanut butter
- 2 1/2 cups powdered sugar
- 1 cup milk chocolate chips with 1 teaspoon Grade A butter

Directions:

1. Mix together the graham cracker crumbs, melted butter, peanut butter and sugar.
2. Pat into a greased 9 by 13 inch pan.
3. Melt the chips and butter and spread them on top of the bars.
4. Set in the refrigerator until firm.
5. Cut into bars.

COURTESY PENGUIN RANDOM HOUSE

It's fine to pay \$5 plus for an almond-milk latte made by a moody barista who dons a fedora and is writing a screenplay on the side, if that's your bag. Just make sure you also leave room for a few home-made peanut butter bars every now and then.

You are what you eat and drink, but you are, at your core, also what you have eaten and drunk, what you cook and what you have had cooked for you.

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Achin' for bacon? Don't be a turkey

NUTRITION

Brunchers be wary of strips said to be 'better for you'

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



So I'm visiting at a cottage during breakfast when one man says to another, "You should switch to turkey bacon, it's better for you," and I pipe in that I, in my nutrition wisdom, disagree.

It is a common belief that has some merit if all you are assessing is calories.

You would do slightly better with the turkey bacon, but it is a highly processed food and the most popular brands are actually higher in sodium and



carbo-hydrates (from corn syrup). I would rather see the less processed, real food grace your plate in moderate amounts.

If you really want to win the breakfast meat wars, go

for peameal (a.k.a. back bacon or Canadian bacon).

Here are the stats:

Turkey bacon (100 grams or about four slices) has 382 calories, 2,285 milligrams of sodium, 3.1 grams of carbohydrates and 28 grams of fat.

Bacon (100 grams or about four slices) contains 541 calories, 1,717 milligrams of sodium, 1.4 grams of carbohydrates and 42 grams of fat. Cook until crispy and drain on paper towel to reduce your bacon's fat content.

Peameal bacon (100 grams, about two thick slices) has 157 calories, 904 milligrams of sodium, 1.7 grams of carbohydrates and seven grams of fat.

The truth is that any of these are once a month choices, not twice a week options.

Highly salted, fried meat will never make it into nutrition heaven but it sure makes a cottage smell like it should.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

DRINKS

Cocktail chemistry: Mixing a margarita

LIQUID ASSETS

Peter Rockwell

@therealwineguy



Chemistry was never my strong subject, so when it comes to cocktail construction I'm more than happy to cheat.

Take the Margarita. Invented in Mexico back in 1941, it proved the perfect conduit to bring tequila into the mainstream.

While you don't need to be a rocket scientist to piece together tequila, orange liqueur and lime juice, I've choked down more than a few sad attempts because I just couldn't get the flavour right.



I find using a white tequila like the silky, blue agave-based Sauza Tequila Silver (\$28.98-\$34.99) creates the best flavour balance.

I've had the most trouble finding the lime juice component. Squeezing my own isn't on the agenda, so I've tried just about every supermarket brand with varied success.

My favourite by far is from the Bacardi Mixers line. Non-alcoholic, you can find it in the frozen juice section. Blend with the booze and some ice, and you're good to go.

Prices reflect the range across the country. Some products may not be available in all provinces.

+ IN BRIEF

Splendours of spinach

Found in spinach, thylakoids could curb cravings when consumed in a concentrated formula, according to a new study. Thylakoids are found in the cells that conduct photosynthesis — the process in which plants

convert energy from the sun into energy for them to live. When consumed, they release satiety hormones, which slows fat digestion, according to the study, published in the Journal of the American College of Nutrition. RELAXNEWS

TALK SHOW

CBC TV co-host dies at 49

Design personality Chris Hyndman, an accidental TV star best known for his on-screen and off-screen partnership with fellow decorator and husband Steven Sabados, has died.

CBC announced the news Tuesday and took the duo's daily lifestyle series Steven and Chris off the air out of respect for Hyndman's friends and family. Hyndman was 49.

His sudden passing drew condolences from famous colleagues across the industry, including good friend Jeanne Beker who called Hyndman one of her closest friends.

"When my marriage broke up in 1998 Chris scraped me off the floor," an emotional Beker recounted by phone from New York.

Toronto police say Hyndman was found without vital signs in a laneway just east of Toronto's downtown core shortly after 11 p.m. on Monday.

Police are not appealing for witnesses, though it remains a "completely open investigation," said Toronto police Det. Terry Wray.

THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE



From left, Steven Sabados, Theresa Albert and Chris Hyndman. CONTRIBUTED

REMEMBERING A FRIEND, COLLEAGUE

Metro's food columnist Theresa Albert, who was a regular guest on Steven and Chris for five years, shares her fond memories of Chris Hyndman.

Chris had that special way of making you feel like the only person in the room.

I remember arriving at CBC for the show and having him beam his brilliant smile and say, "Hey, gorgeous!"

Chris always set the tone of the show from the minute of arrival as a cheery place to be. I could always count on him for

comic relief when things were show-biz intense.

Once, when Steven and I were trying to meticulously cook and get important news on sodium conveyed, Chris — who could be counted on for hijinks, or a silly quip — dropped his spoon, pretended to cut himself and cunningly ate some potato chips on my "Do NOT eat" side of the table. He would do anything just to get my goat and guffaw.

A spoonful of Chris's goofy sugar was sure to help my medicine go down.



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GLA 250 built for bumpy roads



REVIEW

Higher ground clearance, AWD are pluses, but interior could be better

Jill McIntosh
For Metro

engine with seven-speed automatic transmission. It's peppy enough right off the line, but the transmission isn't always smooth. It also shifts into the highest gears as soon as possible for fuel economy, and the GLA can feel a little wrung-out after that initial burst. However, you can use the wheel-mounted paddle shifters for more transmission control.

The ride is very firm, bordering on harsh, but on the plus side, the GLA's all-wheel drive and higher ground clearance actually work very well on rougher roads such as cottage trails.

This is a compact vehicle and so the interior's a bit tight, but the seats are very supportive, and the rear seats fold down to increase the cargo capacity. My tester had several option packages on it, which added such things as automatic climate control, navigation, rearview camera, blind spot monitor, and power lift-gate, bringing it to \$45,175. That also included some handsome optional aluminum trim, but the GLA's cabin includes a lot of hard, plain plastic, and the interior overall didn't quite look as upscale as the price.

Buyers can also consider Mercedes-Benz's B-Class hatchback, which isn't quite as sporty-looking, but comes with the same engine and starts at \$31,300 in front-wheel, or \$33,500 in all-wheel drive.

“It's peppy enough right off the line, but the transmission isn't always smooth.”

Mercedes-Benz made its name in North America by selling large luxury cars, but in recent years, the company and its premium-brand rivals have been introducing the smaller and lower-priced models that have been a mainstay in Europe for years. For 2015, it adds an all-new compact crossover, the GLA.

The GLA shares its platform and much of its interior design with the CLA-Class four-door sedan, and is available as my tester, the GLA 250, starting at \$37,200. You can also get the sportier and more powerful GLA 45 AMG, beginning at \$50,500. Both use 4Matic all-wheel drive, but unlike on most Benz products, it runs primarily in front-wheel drive, sending up to 50 per cent of power to the rear wheels only when it determines that they're slipping.

The GLA 250 uses a turbocharged 2.0-litre four-cylinder

THE CHECKLIST | 2015 MERCEDES-BENZ GLA 250

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engines (hp). 2.0-litre turbo four-cylinder (208)
Transmission. 7-speed dual-clutch automatic
Price. Base \$37,200, as-tested \$45,175 (plus destination)

COOL FEATURES

- Automatic engine idle shut-off
- Off-road downhill speed regulation
- Heated windshield washers
- Rain-sensing wipers
- 12-way power-adjustable front seats
- Automatic brake hold
- Available panoramic sunroof
- Available bi-xenon headlamps



JILL MCINTOSH/FOR METRO

POINTS

- The GLA's transmission uses two internal clutches, rather than a torque converter, for faster shifts and better fuel efficiency.
- The optional rearview camera hides under a cover when not needed, providing a clear picture in rain or snow.
- The tablet-style infotainment screen is on top of the dash to keep the user's eyes up and toward the road.

MARKET POSITION

Several premium-brand automakers are offering lower-priced and entry-level vehicles, appealing both to new customers who haven't been able to move into the higher-priced offerings, or existing ones adding a second car alongside a higher-level one.

THE COMPETITION



BMW X1
Base price: \$36,990



Audi A3 Sportback TDI
Base price: \$36,600



Infiniti QX50
Base price: \$34,950



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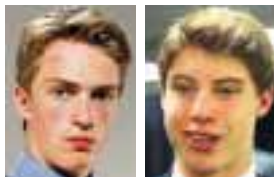
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PORTAGE PLACE

Next generation of stars takes nothing for granted

HOCKEY

Strome, Marner and Sanheim driven to make world jr. team



Travis Sanheim, left, and Mitch Marner GETTY IMAGES

When Travis Sanheim was cut from Canada's world junior hockey camp nine months ago, the coaching staff told the young defenceman they expected him to be a crucial piece to the 2016 team. He watched his would-be teammates win gold on home ice.

Dylan Strome and Mitch Marner were watching, too, eager to see respective Ontario Hockey League teammates Connor McDavid and Max Domi put on a show on the biggest junior stage.

Those three players and others, including forward Michael Dal Colle and defenceman Jeremy Roy, arrived at Canada's world junior summer camp in Calgary with plenty of expectations on themselves to make the 2016 team, and Strome, Marner and Sanheim should be among the go-to players in Helsinki.

But they're all reluctant to think of themselves as the next

generation of stars because they're several months away from even earning a spot on Canada's roster.

"I don't think you expect anything, and you don't take anything for granted," Sanheim said in a phone interview Monday.

"It's Team Canada. It's the greatest hockey country in the world, and it's going to be a tough team no matter what."

No one cares where you got drafted, no one cares who you got drafted to.

Dylan Strome

The 2015 team was impossible to make, especially for 17-year-olds. Only McDavid, who went first in the NHL draft to the Edmonton Oilers, and winger Lawson Crouse, a fellow top-10 pick, could claim that distinction.

So as disappointed as he was, Sanheim realized why he was one of the final cuts last December, and Strome and Marner got why they were passed over for camp invites. Now they're expected to get big roles and are



Dylan Strome won the OHL scoring title last season with the Erie Otters. AARON BELL/OHL IMAGES

motivated by that.

"We both wanted to make that team," Marner said of himself and Strome. "Such skilful forward lines that when we didn't make it I think we both understood our chances next year. Both of us are on a line this year for this camp."

"We've got to leave our footprint. I think we're both willing to do that."

Leaving a footprint is important because coach Dave Lowry said the summer camp is just the beginning of the evaluation process. Roster spots aren't assured for Strome, the third pick to the Arizona Coyotes, or Marner, who went fourth to the Toronto Maple Leafs, even though they went 1-2 in OHL scoring last season.

"No one cares where you got drafted, no one cares who you

got drafted to," said Strome, who along with Marner scored a goal in Canada's 4-1 win against Russia in exhibition action Monday night. "It's about showing what you got at camp and what you got during the season, and if they think you're good enough to go to (main) camp, then you've got to prove it again at Christmas-time to make the team."

THE CANADIAN PRESS

IN BRIEF

World Rowing to seek viral tests for Rio water

The head of the governing body of world rowing said Tuesday he will ask for viral testing at the rowing venue for next year's Rio Olympics, and he expects all other water sports in Rio to follow suit.

The move comes after an Associated Press investigation last week showed a serious health risk to about 1,400 Olympic athletes who will compete at water venues around Rio that are rife with human waste and sewage. Following AP's study, the World Health Organization advised the International Olympic Committee to analyze viral levels in Rio waters.

"Together with the WHO and the IOC, we're going to follow what they say," Matt Smith, CEO of World Rowing, told AP. "We will ask that viral testing is done. If there is a problem, we will react. It's our moral duty."

THE ASSOCIATED PRESS

Doping allegations a 'declaration of war' against track and field: Coe

Describing the latest doping allegations levelled against track and field as a "declaration of war," Sebastian Coe rushed to the defence of the IAAF's drug-testing system Tuesday and said it was time to "come out fighting" to protect the

reputation of the sport.

In an exclusive interview with The Associated Press, Coe gave his first extensive

comments following reports by German and British media outlets alleging that the IAAF had failed to act on suspicious blood tests involving hundreds of athletes over a 10-year period.

"This, for me, is a fairly seminal moment," said Coe, an IAAF vice-president. "There is nothing in our history of competence and integrity in drug-testing that warrants this kind of attack. We should not be cowering. We should come out fighting."

THE ASSOCIATED PRESS



Sebastian Coe GETTY IMAGES

MLB

Jays' Sanchez, Gibbons suspended over brouhaha



Blue Jays manager John Gibbons argues with umpire Jim Wolf in Toronto on Sunday. COLE BURSTON/TORSTAR NEWS SERVICE

Major League Baseball suspended Toronto pitcher Aaron Sanchez for three games and manager John Gibbons for one game Tuesday as part of the fallout of a testy game between the Blue Jays and the Kansas City Royals.

MLB also fined Sanchez an undisclosed amount for intentionally throwing a pitch at Alcides Escobar with warnings in place during the top of the eighth inning of Toronto's 5-2 win Sunday. Sanchez denied intentionally hitting Escobar, arguing his pitch just got away.

If I wanted to send a message I would've sent a message to their big guys.

Aaron Sanchez

Sanchez said he won't speak on the suspension until after his appeal was heard by MLB.

"Hopefully they'll chip that down a little bit," said Gibbons

about Sanchez's punishment. "But I think that's a kind of automatic too after warnings when you get ejected for hitting a guy."

Gibbons was suspended for returning to the field following an ejection. He was set to miss Tuesday night's home game against Minnesota.

Although he was allowed to set the lineup and address media before the game, Gibbons had to leave the clubhouse area before the opening pitch and was unsure of where in the stadium he'd watch the game against the Twins. THE CANADIAN PRESS

RECIPE Pork Loin with Pineapple Mango Salsa



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Serves 4.

Ready in

Prep time: 20 minutes
Cook time: 20 minutes

Ingredients

- 1lb pork tenderloin
- 1 Tbsp Dijon mustard
- 1/2 cup fresh diced pineapple
- 1/2 cup diced mango
- 3 Tbsp finely diced onion
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced green bell pepper
- 1/4 cup finely chopped cilantro or basil
- 1 Tbsp freshly squeezed lemon juice
- 2 tsp orange juice concentrate
- 2 tsp honey
- 2 tsp olive oil

Directions

1. Preheat oven to 400 F.
2. In a large skillet sprayed with vegetable oil, sear pork tenderloin for about two minutes per side or until browned. Place on baking sheet lined with foil. Rub mustard all over pork. Bake for about 15 to 20 minutes or until internal temperature reaches 145 F for medium. Let sit covered while preparing salsa.
3. To make the salsa: Place the pineapple, mango, onion, red and green pepper, cilantro, lemon juice, orange juice concentrate, honey and oil in a bowl and mix to combine.
4. Slice the pork into medallions and garnish with salsa.

Nutrition per serving

- Calories 190
- Protein 24 g
- Total fat 5 g
- Cholesterol 75 mg
- Sodium 150 mg

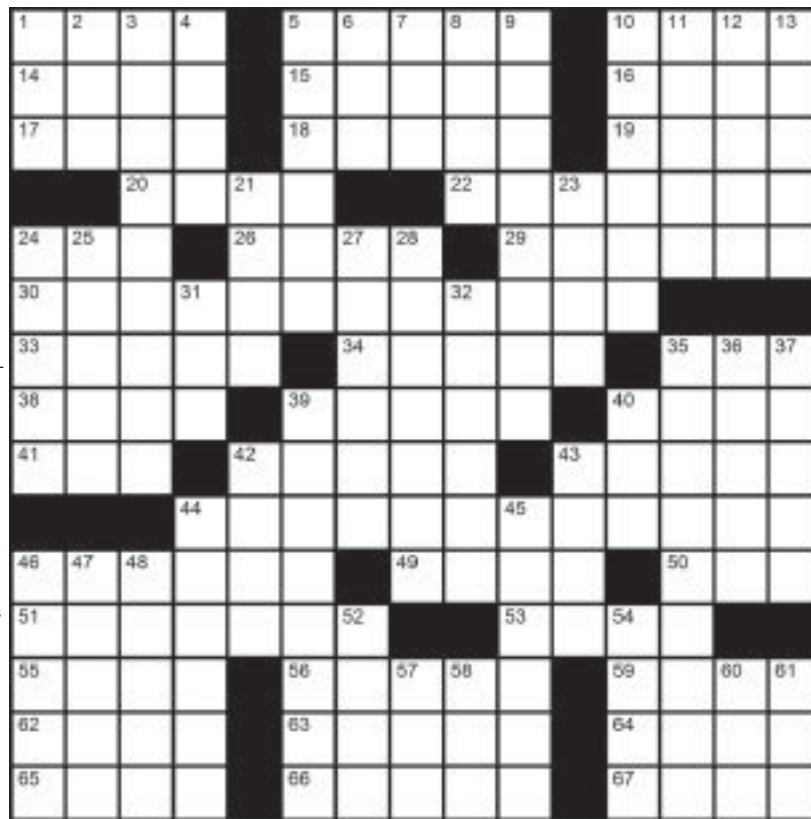
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BY KELLY ANN BUCHANAN

ACROSS

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10. Laddie's love
14. Curser's word!
15. Hawkeye State denizen
16. Ruler measurement
17. Not much, just _ _
18. Comb parts
19. Buffalo type
20. Name things on a pad
22. SPF lotion wearer's avoidance
24. "Halo" songstress, to fans
26. Put a 'roof' on a room
29. 1980s hairstyle
30. Concern for a cross-border shopper: 2 wds.
33. Flight segment
34. Persons, places and things
35. Dry, as wine
38. Misjudges
39. Shampooing direction
40. Jane Austen novel
41. Road covering
42. Annoy: 2 wds.
43. Without the extras
44. California setting of Canadian actor Jason Priestley's 1990 to 2000 series: 2 wds.
46. Calm
49. Kaput
50. Sanction



51. Singer/actress Ms. Chenoweth
53. Whispery word
55. Content or data, briefly
56. Abate: 2 wds.
59. Like an acorned tree

62. Elevator, to a Brit
63. Baggy, as clothing
64. Ice mass
65. Not as much
66. Door sign
67. Comparable

DOWN

1. U.S. health-related agcy.
2. Research _
3. Canadian painter, b.1871 - d.1945: 2 wds.
4. _-inflammatory

5. Baby cat
6. Furrow maker
7. _-inspiring
8. Kit _ (Some chocolate treats)
9. Brutish
10. Legally accountable

11. Void
12. Sports game outcome
13. Shall not
21. Stitches reminder
23. Pecans
24. Badger
25. Bonus
27. Light with a match
28. Musician/poet Mr. Cohen from Montreal
31. Howdies
32. Wind moving through tree leaves sound
35. Party conversation: 2 wds.
36. Mr. Hirsch of acting
37. Able, archaically
39. Rise and shine signaller in the military
40. The 'E' in REO, as per REO Speedwagon
42. Fine fellow
43. High degs.
44. Stupefies
45. Fido, when emitting a high-pitch bark
46. Talent
47. Bert's pal
48. Bits of jazz
52. City sign's light
54. Couch
57. Small fry
58. Bring into play
60. Garden pond fish
61. Languish

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
For each thing you have lost over the past few weeks you have gained something much more valuable, and with each apparent failure you have made long-term success more likely.

Taurus April 21 - May 21
You will tell others what you think of them today. However, you could be too honest for your own good. Be truthful about their good points, but play down their bad if possible.

Gemini May 22 - June 21
You have given a lot in recent weeks and you will be expected to give even more today. Where affairs of the heart are concerned there is no limit to your generosity and, somehow, the more you give the more you get.

Cancer June 22 - July 23
These may be difficult times but it's not as bad as you like to make out. Put your work and well-being first today and start doing things that will help make your dreams come true.

Leo July 24 - Aug. 23
No matter how difficult the past few weeks, the next few will more than make up for them. It will start to go right for you again and your confidence will come flooding back.

Virgo Aug. 24 - Sept. 23
If you have any errands to run then get on them now because you won't have time later in the week. Besides, you will want to spend time and energy on more personal things. How's your love life?

Libra Sept. 24 - Oct. 23
Money matters have been a source of both joy and despair in recent weeks. Now you can see what needs to be done to return to profitable ways. So do it.

Scorpio Oct. 24 - Nov. 22
Your mind may be full of big ideas but are they good ideas? You will accomplish more if you focus on one thing at a time and put the rest out of your mind.

Sagittarius Nov. 23 - Dec. 21
Many things you have been worrying about will resolve themselves in your favour. Look back over the past few months and work out where you went wrong. It's never too late to learn.

Capricorn Dec. 22 - Jan. 20
If you get the chance to socialize today you are strongly advised to forget about work and have fun with friends. Later in the month you will become a lot more reserved, so get the most from your social life now.

Aquarius Jan. 21 - Feb. 19
You may have missed out on a chance to move up in the world but will be more opportunities in the near future. People in positions of power are looking to be impressed.

Pisces Feb. 20 - March 20
You seem to have more options than you know what to do with. For a Pisces it can be a problem. Select a goal and stick with it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

7/31



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